

# The NORTHWEST AIRLIFTER

Vol. 39, No. 8  
McChord Air Force Base, Wash. Connecting Team McChord with the Combat Airlift Mission Feb. 23, 2007

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# AMC commander visits base

By

Staff Sgt. Tiffany Orr  
62nd Airlift Wing Public Affairs

Air Mobility Command commander, Gen. Duncan McNabb visited the base Tuesday and Wednesday for a Rodeo in-progress review.

More than 100 national and international mobility teams will compete during Rodeo in July to see who has the best flight and ground skills of aircrews, security forces, aerial porters, aeromedical evacuators and maintenance team members.

"This is the kind of competition that allows us to take mobility forces to a whole different level," said General McNabb, adding that Rodeo encourages Airmen to challenge themselves to perform better than before.

The event also provides a chance to share tactics and techniques with our allies, said General McNabb.

"This is a special time for the mobility forces as we try to figure out new and better ways of carrying out our global mission," he said. "By bringing teams in for Rodeo, both Total Force and international, you get to see not only some great camaraderie, but also who does it best. Rodeo raises the bar for everybody and ... it takes the whole force forward."

The things that mobility forces have learned at past Rodeos have been put to good use, said General McNabb.



Gen. Duncan McNabb, Air Mobility Command commander, right, is handed an AMC Rodeo 2007 hat by Maj. Gen. Scott Gray, Air Mobility Warfare Center commander, upon arriving at McChord Air Force Base Tuesday for a Rodeo in progress review visit.

"The Pakistanis sent an observer team to come and watch us in the last Rodeo," he said. "They then put what they learned to good use when they used their own C-130s to provide humanitarian relief after their 2005 earthquake."

"The Danes also sent an observer team on the C-130J," he said.

"As they get their own C-130Js, it allows them to look at how we employ the aircraft, and how other countries are taking advantage of this weapon system."

However, Rodeo's benefits go far beyond the competition itself, as Rodeo competitors will also have the beauty of the Pacific Northwest

to look forward to when they arrive, said Maj. Gen. Scott Gray, commander of the Air Mobility Warfare Center and this year's Rodeo.

"It's like visiting a piece of heaven," he said.

"There's something special here, and it's a perfect place to have a Rodeo," said General McNabb.

# Hawkins: McChord's AFSSO 21, 2 EAS initiatives impressive

By

Staff Sgt. Tiffany Orr  
62nd Airlift Wing Public Affairs

"The 62nd Airlift Wing is in great shape," said Maj. Gen. James Hawkins, 18th Air Force Commander, during his recent visit here.

One thing that impressed the general was the way McChord's Airmen are trying to take Air Force Smart Operations for the 21st Century to the next phase through base-level innovations.

"The maintainers showed me how they are working on a process to turn a C-17 faster," he said. "I think they do it now in 3 hours and 15 minutes," General Hawkins said. "They are going to get it down to 2 hours, allowing us to use the same airplane three times a day."

General Hawkins has high praise for this initiative, calling it a "really smart way to do business."

"The other thing you all showed me that was really impressive was that the maintainers are going to be able to use a wireless net out on the airplane to order parts right while they are on the airplane to fix it."

The base's use of a two expeditionary airlift squadron system is also cause for kudos, according to General Hawkins. The system has been a success for a couple of reasons, he said.

"It allows me to deploy an entire squadron with its leadership, so I have the squadron commander and flight commanders who know their people," said General Hawkins. "It increases safety and operational effectiveness."

See HAWKINS, Page 18



Maj. Gen. James Hawkins, 18th Air Force commander, is briefed by Richard Arnold, right, 62nd Maintenance Squadron, on McChord's Air Force Smart Operations for the 21st Century initiatives on Feb. 13.

## Weekend Weather

FRIDAY



Hi: 45  
Low: 34

SATURDAY



Hi: 46  
Low: 35

SUNDAY



Hi: 47  
Low: 35

Forecast generated at 7 a.m. Wednesday  
Courtesy of the 62nd Operations Support Squadron

## Mission accomplished

Total McChord sorties .....	2,104
Total flying hours .....	7,722.8
Cargo moved (tons) .....	20,454.3
Departure reliability rate .....	95%
Mission capable rate .....	86.5%
Personnel currently deployed .....	550
Reservists currently activated .....	283
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

## Don't miss it ...

### National Prayer Luncheon

The 62nd Airlift Wing's National Prayer Luncheon is at 11 a.m. Monday at McChord's Clubs and Community Center. For more information, call the chapel support center at 982-5556

# Improvements, innovation require every Airman

By

Col. Jerry Martinez  
62nd Airlift Wing commander

These past two weeks, Team McChord was honored with visits from a number of Air Force leaders. We welcomed Gen. Duncan McNabb, the Air Mobility Command commander; Maj. Gen. James Hawkins, the 18th Air Force commander; and Maj. Gen. Scott Gray, the Air Mobility Warfare Center and Rodeo commander.

Throughout the course of their visits, McChord Airmen showed the generals the progress we've been making on Rodeo, joint basing, Air Force Smart Operations 21 initiatives and many other projects. Once again, the work you do every day impressed our leaders and made me proud.

Improving and evolving our operations takes teamwork. From the junior Airman in a shop with a great idea to AMC and Air Force leadership who support and evaluate the resulting AFSSO 21 initiative, it takes every Airman to ensure our country's air and space dominance now and into the future.

If there's a way to improve our operations, it's our responsibility as Airmen to speak up and share our ideas, and as leaders it's our responsibility to listen when an Airman comes forward with an idea. At McChord, we've seen how our leadership's support can make our Airmen's ideas become reality and change the way we operate. We've proven our ability to streamline operations with our wheel and tire shop, One Stop and our new aircraft regeneration initiatives.

During their visits, both General McNabb and General Hawkins were amazed by the dedication of McChord's Airmen to improving our Air Force. It's this type of drive and innovation that makes McChord the perfect base to host AMC's Rodeo competition. McChord Airmen will have the chance to impress not only our own leadership, but also leaders from nearly 30 countries who will participate in Rodeo to learn how to improve their mobility processes. There's no place better for our international guests to learn how to make combat airlift the best it can be. Thank you all for the dedication you show every day.

“It takes every Airman to ensure our country's air and space dominance now and into the future.”

Col. Jerry Martinez  
62nd Airlift Wing commander



# Top enlisted members become influences for success



“Becoming a chief provides an opportunity for your full potential to come to life ... Continue to put your service and your Airmen first, and see how your leadership excels through every accomplishment.”

Chief Master Sgt.  
Russell Kuck  
62nd Airlift Wing  
command chief

By

Chief Master Sgt. Russell Kuck  
62nd Airlift Wing  
command chief master sergeant

Tonight we will recognize seven of McChord's new chiefs and chief selects. Planning for the responsibility of a promotion is not limited. It's an ongoing mission that continues all the way to our highest enlisted tier, including the promotion to chief.

Assuming the highest enlisted grade is a big step. You must be prepared to distinguish yourself and be ready to take on the challenges as a chief. Our junior Airmen, both enlisted and officers, look up to you. You are at the top of the tier, and they depend on you for all the answers and guidance.

Your influence needs to be the one that

stands out from others. After all, only one percent of enlisted Airmen are chiefs. Making it to this point solidifies all you've done up to this point in your career. Don't let your ambitions go beyond your own desires and interests. Remember why you were selected, and follow through on your commitment.

Becoming a chief provides an opportunity for your full potential to come to life. Your word is your bond. Continue to put your service and your Airmen first, and see how your leadership excels through every accomplishment.

Putting on this last stripe should not be the final milestone in your career ... rather it is the beginning of an outstanding journey. Being a chief is a challenging role to fill, but I firmly believe the Air Force selected the right people for the job. It's your time to shine, chiefs! Hooah!

## Ask the Commander

E-mail [ActionLine@mcchord.af.mil](mailto:ActionLine@mcchord.af.mil)  
or call 982-2222

## Commander's Action Line

**Q: When there is good weather, there are more bicyclists riding on base roads. They are safer when everyone follows the rules of the road. Could the base install “share the road” signs alerting drivers of bicyclists riding in the road and to educate bikers that they should keep to the roads?**

A: Thank you for your question and concern for the safety of all personnel sharing the road. All bicyclists need to be aware of their responsibilities, but after speaking with my safety office, I have decided against posting signs. Sharing the road is a common courtesy and is the responsibility of both motorists and bicyclists to know and follow the rules of the road.

Cyclists need to remember to use bike lanes when available. Otherwise, stay to the road's right side or shoulder. Helmets must be worn and properly fastened at all times. During hours of darkness, bicycles need to have proper lights and reflective gear so vehicle operators can see them. You can find regulations pertaining to riding bicycles on base in 62nd Airlift Wing Instruction 31-5, chapter five, Non-Motorized Conveyance. Good question. Keep them coming.

**Q: I understand why you installed grooves in the road at the main gate, but they seem to be too deep. When I drive into work they really**

**The Commander's Action Line provides a direct link of communication between you and me, with the goal of building a better community. Your concerns, questions and ideas are highly valued and are key in enhancing Team McChord's mission and community. I encourage you to give the professionals here, together with your chain of command, the opportunity to address your concerns directly. However, questions that come through the Action Line have my personal attention. Please be sure to leave your name and phone number, so we can follow up with you. Comments and questions that apply to a large base audience will be published in the base newspaper.**

Col. Jerry Martinez  
62nd Airlift Wing commander

**rattle my car. Can we smooth out the bumps a bit?**

A: I know exactly what you're talking about — those rumble strips rattle my vehicle too when I drive through the gate. However, they're necessary and really not that bad if you're driving at the recommended speed limit of 20 miles per hour in the vicinity of the gates. The rumble strips provide force protection and enhance safety because it forces drivers to slow down when you roll over them. I ask all motor vehicle operators to follow the posted speed limit when entering and exiting the gates to ensure safety at all times. Thanks for your question.

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# Presidents Day provides perspective to Airmen

By

Lt. Col. Brian Newberry  
7th Airlift Squadron commander

We paused this third Monday in February to celebrate Presidents Day, a day set aside to principally honor George Washington and Abraham Lincoln, both born in February.

Their contributions are timeless, and each overcame obstacles that set our country on its path to greatness. But, Presidents Day has evolved to celebrate all presidents, and rightfully so.

Indeed, author David McCullough’s book *John Adams* on our second president provides a proper perspective on what the early presidents faced in the founding of our republic; and in doing so, he provides all of us a better perspective on the challenges in our own lives.

While traveling to the Continental Congress in 1776, John Adams penned notes to himself on what needed to be accomplished. Among the more daunting tasks:

- An alliance to be formed with France and Spain
- Government to be formed in every colony
- Forces to be raised and maintained
- A declaration of independency

In each of these tasks, Mr. Adams and his colleagues, including Washington, were successful. To paraphrase Lincoln, they

created a government of the people, by the people, for the people, that shall not perish from this earth.

While each of us has everyday challenges, Mr. Adams’ notes to himself remind us that our personal challenges are clearly winnable. Team McChord continues to provide combat airlift for America and each of us is an important ingredient in that winning recipe.

Whether you are a loadmaster offloading cargo, a flight doctor providing medical care or an air traffic controller deconflicting C-17 Globemaster IIIs over the airbase, you are all important components ensuring this great country does not perish. The countless specialties on this base — active duty, Reserve and Air National Guard — are all key links in our Team McChord mission.

So, as we honor our forefathers this Presidents Day for building and preserving this great nation, we should also pause to be thankful that our immediate task next week is not to figure out how to have “forces raised and maintained.”

Whatever our own duties, we should come to work confident that our goals are clearly achievable, and each of us support the vision for America that Mr. Adams first had over two hundred years ago. These great men aimed to change a nation ... instead they changed a world — we are still part of that movement today!



## Combat Airlifter *of the week*

Airmen 1st Class Natasha Juarez

62nd Mission Support Squadron

**Duty title:**

Assignment counselor

**Duty Section:**

Outbound assignments

**Hometown:**

Houston, Texas

**Location:**

Military personnel flight



**What makes her so great?**

Airman Juarez is responsible for the administrative processing of outbound assignments. She submits and processes special duty, join-spouse, follow-on basing, base of preference and permissive assignment applications. Airman Juarez also conducts initial and final out-processing assignment briefings. She not only provides guidance on assignment policies, procedures and unique mission requirements, but also prepares correspondence and forms required to process members for reassignment. Airman Juarez has received at least two outstanding customer service critiques for her excellent people skills. She was even coined by Col. Jerry Martinez, 62nd Airlift Wing commander, for her outstanding job performance.

*McChord's Airmen*

# AROUND THE WORLD



Courtesy photo

**SOUTHWEST ASIA —** Airmen deployed from the 62nd Civil Engineer Squadron help with a construction project while deployed recently.



Courtesy photo

**IRAQ —** Personnel from the 62nd Aerial Port Squadron conduct an engine running onload on a C-130 Hercules during a recent deployment.





# Letter to Airmen: Every Airman an ambassador

By

**Michael Wynne**  
Secretary of the Air Force

Delivering sovereign options for the defense of the United States of America, as well as her global interests and winning the Global War on Terror are our Air Force's most fundamental objectives. We provide the air, space and cyberspace capabilities necessary for joint and coalition forces to execute decisively, interdependently and dominantly in every engagement. Our Air Force is unequaled in its ability to do so for one reason: the passion, talents and ingenuity of you, our matchless Airmen.

Yet one of our most remarkable skills remains largely untapped and unrefined. I am referring to your ser-

vice as "ambassadors in blue," both around the world and in our communities here at home. Your actions, behavior and words, both on and off duty, have a great impact on your host nation's or local community's perception of America and our Air Force. But these areas are not the only components of the Every Airman an Ambassador mindset we need to enhance.

Presently, more than 200,000 of our Airmen carry out missions on a daily basis for combatant commanders around the world. Of these, more than 60,000 of you are stationed forward and more than 26,000 are deployed, working hand-in-glove with our international partners. We are truly a globally engaged force. More than ever, we depend on our allied Airmen to succeed, and they depend on us. We must fly and

fight as one. We teach. We partner. We learn — and in building friendships, we build trust. America's security today and in the future depends on building successful international partnerships, one Airman at a time.

Likewise, we must capitalize on your talent as ambassadors to your communities here at home. As I related in my August Letter to Airmen, Every Airman a Communicator, sharing the Air Force message is not just for our senior leaders and public affairs representatives. I encourage Airmen to engage your communities and their leaders with your personal stories of service, to share your views on the unique capabilities our Air Force brings to the fight, and to articulate what we need to keep that force strong and vital. One message, many voices, it is

essential we communicate our role in fighting the Global War on Terror in addition to the global vigilance, reach and power the Air Force provides the Nation across the strategic commons of air, space and cyberspace.

As your secretary, I am committed to boosting your regional, cultural and language skills to make you a more capable ambassador so that you can help build lasting long-term relationships with our allies and coalition partners. At the same time, I want you to unleash your talents here at home, so that you can tell the greater Air Force story, share your personal Air Force story, and serve as an example in your local community. With Every Airman an Ambassador, America and its Air Force will shine as the protector of the beacon of freedom that is our nation.

## AFSO 21 seminar encourages active listening, leadership

By

**Capt. Suzanne Ovel**  
62nd Airlift Wing Public Affairs

Speaker Aaron Hendon encouraged more than 47 Airmen and civilians to focus on self-improvement and leadership during a recent 62nd Mission Support Group-sponsored seminar at the base theater.

The Landmark Education seminar leader emphasized to participants that by changing just their own attitudes and behaviors, people can positively influence their professional and personal relationships.

"It takes one person to tango, and that's you," he said to a crowd that included 17 62nd Communications Squadron senior non-commissioned officers, who attended the event as part of a day-long in-house workshop focusing on squadron synergy and leadership.

Strong leaders, according to Mr. Hendon, need to be active listeners — a skill many people struggle with.

Mr. Hendon said the problem isn't that people are not listening, it's that they're pretending they are. What's more, most people realize when others aren't paying full attention, but they don't mention it, he said.

Effective leaders need to actively listen and really hear what a person is saying in order to encourage a better flow of ideas and a more open environment, he said.

In a breakout session focusing on these concepts, Chief Master Sgt. Ronnie Murphy, 62nd CS, spoke about an improvement he would like

to see occur — Airmen being better at balancing the demands of work and family, both for themselves and those they supervise.

He said he sees the solution as separating the tasks which are necessary to accomplish the mission from busy work.

His thoughts fell in line with Mr. Hendon's focus on identifying important issues and addressing what obstacles are currently blocking the problem from being solved or the goal from being reached.

Both Chief Murphy and fellow Chief Master Sgt. Sheila Copeland, 62nd CS, later worked with the SNCOs in their unit to encourage self-assessments and discussions of how to improve their unit, in order to help transition the squadron from an excellent communications squadron to an outstanding one, said Chief Copeland.

This active listening and aided self-improvement is a keystone to being a good leader and to creating good leaders, she said.

"Leadership is all about the thank-you's," said Chief Copeland. "The way to give thanks back is to develop more leaders so they can pick up the baton

### Next seminar

The next Landmark Education seminar is from 1:30 to 3 p.m. March 27 at the base theater. For more information, call Maj. Kelli Molter at 982-0680.



Courtesy photo

## Helping hands

**Airmen from the 62nd Logistics Readiness Squadron help build a home with the Tacoma Habitat for Humanity program recently. The house will provide affordable housing for someone in need.**

## Air Force converts 26,000 to National Security Personnel System

By

**Tyler Hemstreet**  
Staff writer

McChord's Civilian Personnel Flight converted nearly 200 62nd Airlift Wing, 446th Airlift Wing and tenant unit personnel to the National Security Personnel System recently.

"It took a lot of hard work and dedication from our staff here to get everyone converted with less than a one percent error rate," said Jim Dicus, 62nd Mission Support Squadron civilian personnel officer.

The conversion at McChord was one of many as the Air Force as a whole converted the largest group of civilian employees to NSPS.

NSPS is implemented in stages call "Spirals." The Spiral 1.2H conversion began Jan. 21. Approximately 26,000 employees converted, bringing the number of Air Force employees covered by NSPS to approximately 40,000 world-wide. The Air Force currently has the largest number of employees in NSPS of any Department of Defense component.

Supervisors at McChord are now working on developing performance plans and transferring the new job objectives to a web-based appraisal tool within the "My Biz and My Workplace," a self-service human resources module, Mr. Dicus said.

The plans for performance and job objectives are expected to be done by March 2, he said.

"We had tremendous support from senior leadership which helped make this difficult transition much smoother," Mr. Dicus said. "The biggest job was educating people and getting folks trained on NSPS, but now everybody should know what's expected of them."

The next Spiral, 1.3, will convert approximately 1,200 civilians on March 18 and will mark the completion of the initial phase of deployment of eligible Air Force general service non-bargaining unit appropriated fund civilians. About 650,000 DOD civilian employees eventually will be covered by NSPS.

*(Information from an Air Force Print News article was used in this story.)*

# Avionics:

## Flight keeps McChord's C-17s safe, out of harm's way while airborne

By  
Tyler Hemstreet  
Staff writer



Airman 1st Class Daniel Taft, 62nd MXS electronic warfare system technician, installs a LAIRCM on a C-17 Feb. 2 on the flightline.



Photos by Abner Guzman

Senior Airman Tyran Stockard, 62nd MXS avionics intermediate section technician, replaces the transistor on a line-replacement unit Feb. 5 in the AIS shop located in Bldg. 1119.

The monotone automated voice that blares throughout the C-17 Globemaster III cockpit when a missile attack is imminent has the tendency to send shivers down the spines of pilots, loadmasters and anyone else in the airplane.

But not Airmen from the 62nd Maintenance Squadron's avionics flight.

"It's standard ops to us," said Staff Sgt. Thomas Snavely, 62nd MXS.

That's because the familiar voice signals to each member of the shop that everything within the system is working correctly.

The avionics flight plays an important role in keeping each of McChord's C-17s flying high and supporting global combat airlift.

The flight is split into two sections: electronic warfare and the avionics intermediate section. While electronic warfare section personnel visit the flightline daily in an effort to keep each aircraft's missile defense system operating smoothly, the intermediate section's Airmen stay in their building fixing line-replacement units, which work together to control the C-17's many flight functions.

**"The shop averages nearly 110 units per month, saving the Air Force an average of almost \$1.2 million per month."**

— Master Sgt. Patrick Kelley  
62nd Maintenance Squadron

Although the C-17 is used mainly for cargo transport and combat airdrops, each is equipped with missile warning and countermeasure defense systems, which work together to defend against enemy attacks.

The countermeasures systems are like having a car alarm in a real rough neighborhood, said Staff Sgt. Herman Rodriguez, 62nd MXS.

"You're just not going to fly over combat zones without [them]," he said.

"Pilots won't leave the ramp if their [countermeasures] system isn't operational," Sergeant Snavely said.

While the avionics intermediate section rarely sees the flightline, it serves an equally important mission.

There is an line replacement unit, or "black box", for many of the important functions on the aircraft — including the flight controls, navigations, fuels and engine controls, said Master Sgt. Patrick Kelley, 62nd MXS Avionics Intermediate Section chief.

"Everything we work on is critical to the aircraft's safety," Sergeant Kelley said.

Just like the electronic warfare section, the avionics intermediate section is composed of active duty Airmen, civilians and Air Reserve Technicians.

Each time a pilot, maintainer or crew chief identifies a broken LRU, it is removed from the aircraft and brought to the shop. The shop's workers use troubleshooting computers and software to identify the problem and fix it. After it is fixed, it's sent back to supply — but not before the part is cleaned up to look as if it's brand new.

The shop averages nearly 110 units per month, saving the Air Force an average of almost \$1.2 million per month, Sergeant Kelley said.



Airman 1st Class Wesley Brown, 62nd Maintenance Squadron electronic warfare system technician, installs a large aircraft infrared countermeasures sensor on a C-17 Globemaster III Feb. 2. The LAIRCM sensor is designed to provide directional input to the turret located to the rear of the aircraft.

# Warming up makes a difference



Photo by Abner Guzman

Airman 1st Class Savannah Orozco, 62nd Operations Support Squadron, does a few warm-up stretches recently in front of the camera at the multimedia studio for a fitness poster.

By  
Tyler Hemstreet  
Staff writer

Taking a few extra minutes to warm up before a workout can do wonders for your body.

A gradual warm-up leads to efficient calorie burning by increasing your core body temperature, which increases your metabolic rate so oxygen is delivered to the working muscles more quickly and can prevent injuries by improving the elasticity of your muscles, according to the American Council on Exercise.

An effective warm-up will also give you better muscle control by speeding up your neural message pathways to your muscles, allowing you to work out comfortably longer because all your energy systems are able to adjust to exercise, thereby preventing the buildup of lactic acid in the blood, according to ACE.

Five minutes is a normal warm-up for cardio exercises, said Patrick Conway, 62nd Medical Operations Squadron exercise physiologist.

He recommends specific and non-specific warm-ups for cardio exercise.

The specific warm-up entails mimicking the activity of the workout, like a light jog before a run or beginning in lower gears before a hard bike ride outside. For the non-specific warm-up, Mr. Conway recommends jumping jacks, or something that gets the heart rate going.

For warm-ups for strength training, he recommends one set of at least 20 reps.

“Just enough to get the muscles moving around that joint,” Mr. Conway said. “It’s priming the muscle.”

Once the muscles get the full range of motion, then you are getting adequate stretching, he said.

For those who have asthma or high blood pressure, a longer warm-up may be required for aerobic activity or strength training.

“You also may allow for a little bit longer according to age,” Mr. Conway said.

ACE also recommends incorporating flexibility or stretching exercises after the warm-up. Stretching muscles after warming them up with low-intensity aerobic activity will produce a better stretch since the rise in muscle temperature and circulation increases muscle elasticity, making them more pliable, according to ACE.

Stretching after the workout can also be beneficial, Mr. Conway said.

“If you stretch after exercising, this will help you maintain muscular and joint flexibility and prevent post-exercise stiffness,” he said.

## Campaign urges Airmen to be ... “Through with chew”

By  
Tyler Hemstreet  
Staff writer

Airmen were encouraged to take note of the consequences of using smokeless tobacco this week as part of “through with chew” week.

The focus of the campaign was awareness and highlighting the fact that McChord’s Health and Wellness Center offers tobacco cessation classes.

“We want people who are using to know that we provide classes, and they can quit,” said Michelle Finley, the 62nd Medical Group’s health education program manager. “There are lots of people who have gone through the program and have become tobacco free.”

In addition to a referral to the clinic for members requesting nicotine replacement therapy, the classes focus on behavior modification techniques and the learned behaviors

that can trigger tobacco use, Ms. Finley said.

“We just want to get them to stop and think about what their pattern is and how they can break it,” she said.

“Learning the behavior modification techniques is what will take them through the long term.”

Those who have tried to quit before are also welcome to attend the class.

“Sometimes it can take up to seven to nine tries to quit,” Ms. Finley said. “You have to become good at it.”

The classes will also focus on using a buddy system where the person trying to quit will be encouraged and held accountable for their tobacco use by someone they respect, Ms. Finley said.

In addition to the classes, there will also be handouts available at the dental and fami-



ly medicine clinics illustrating the dangers of using tobacco, said Capt. Raul Rubio, 62nd Medical Operations Squadron.

“You add tobacco use to issues such as high blood pressure, high cholesterol, heart problems and diabetes in patients and it makes things worse,” Captain Rubio said.

A recent dental exam survey of nearly 4,000 Airmen at McChord showed that a little more than five percent of the group used smokeless tobacco, while almost twenty percent were smokers.

The next classes start Wednesday at the HAWC at 3 and 4:30 p.m. and are open to active duty, dependents, Air National Guard, Reservists, retired military personnel and Department of Defense civilians. The classes run one hour a week for five weeks.

To register for the tobacco cessation classes, call the HAWC at 982-2393.

# Weapons school pushes pilots to the limit



Photo by Airman Rebekah Phyl

**Maj. Tony Carr, 10th Airlift Squadron, prepares a C-17 Globemaster III for take off during a weapons school training exercise at Nellis Air Force Base, Nev.**

**By**  
**Tyler Hemstreet**  
Staff writer

The Air Force’s weapons school was a lot to handle for Maj. Tony Carr and Capt. Brian Smith, 10th Airlift Squadron, and Maj. Phil Lynch, 8th Airlift Squadron.

They routinely endured information overload during briefings. They flew C-17 Globemaster IIIs outside their comfort zones. And getting two hours of sleep a night wasn’t an unheard of event.

But each said they wouldn’t trade the experience for anything.

The pilots returned from the five-and-a-half month course in September with a renewed vigor for the C-17 and its capabilities, Major Carr said.

The demanding course syllabus consisted of more than 300 academic hours, 140 flight hours and 24 aircraft sorties at a variety of different training locations across the country. The students went through six phases in the course, slowly building them up to integrated complex combat scenarios, said Lt. Col. Johnny Roscoe, 57th Weapons Squadron commander at McGuire Air Force Base, N.J.

Major Carr said he saw the course load as a challenge.

“I saw it as a motivator and a way to help get to be the very best at what I do,” Major Carr said. “To do that, I had to put myself in that environment and drink it all in.”

Each new exercise and test pushed each of the McChord-based instructor pilots to new heights.

“It helped us see the full spectrum of some stuff we hadn’t seen before and showed us that there are new ways to instruct our students,” Captain Smith said.

The course also provided new challenges each day, said Major Carr.

“I was constantly discovering a whole new world [of what the C-17 can do] that I didn’t notice before,” Major Carr said.

The course wasn’t just about learning new maneuvers or opening each pilot’s eyes to the full capabilities of the C-17, but also about learning how to communicate with other facets of the bigger Air Force mission. The integrated complex combat scenarios allowed C-17 pilots to work with other mobility aircraft, bombers, fighters, tankers, reconnaissance aircraft and several Special Forces and Army units on the ground.

“Integrating with the other capabilities was key,” Captain Smith said. “You had to be able to communicate and work in that team dynamic atmosphere because of the compressed time line given to plan each mission.”

“It wasn’t really pilot training, but more like officer training,” Major Carr said.

By learning how to plan missions with other Air Force weapons, it put a critical focus on contingency planning because at any one time the mission factors could change, Major Carr said.

The thrill from the course may be over for the time being, but each say they are excited to be able to show everything they picked up to the next generation of pilots each will train.

“It’s exciting for us to be able to come back and work at the unit level and instruct the instructors,” Major Carr said.

“It’s only going to continue to grow,” he said.

And each hopes to foster further growth within their unit. Major Carr said he wants to serve as an example to the next generation of mobility pilots of how great the weapon school experience can be.

“It’s the toughest gift you’ll ever get,” he said. “I’d do it again in a heartbeat.”



**Chiefs’ induction ceremony**  
The 62nd and 446th Airlift Wings’ chiefs’ groups will combine their chief induction ceremonies into a single event tonight at McChord’s Clubs and Community Center. Social hour will begin at 6 p.m. and dinner at 7 p.m.

**National Prayer Luncheon**  
The 62nd Airlift Wing’s National Prayer Luncheon is at 11 a.m. Monday at McChord’s Clubs and Community Center. The key-note speaker is Chaplain (Col.) Brian Van Sickle, Air Mobility Command chaplain. For more

information, call 982-5556 or contact a unit first sergeant.

**AFSA meeting**  
The next meeting of the Air Force Sergeant’s Association, Chapter 1461, is at 3 p.m. March 6 at McChord’s Clubs and Community Center. For more information, call Tech. Sgt. Jeanine McGory at 982-3530.

**Embry-Riddle registration**  
Registration for classes with Embry-Riddle Aeronautical University will begin Monday for the March 19 to May 24 term. The deadline to

register is March 19. For more information, call 589-1728.

**Women’s conference**  
The 2007 Women’s Conference will be March 9 and 10 at Fort Lewis’ Stone Education Center. The conference is open to all ID card holders. Toni Hill, community advocate for children and spouse of retired Army Gen. James Hill, former I Corps commander, will be the key-note speaker. For more information, call 964-1071 or e-mail *womensconference@hotmail.com*.

## Names to Note

The following individuals from the 62nd Communications Squadron were named 2006 Air Mobility Command-level Communications and Information Award winners:

- **Walter Ballard**, Outstanding Civilian Assistant Specialist
- **Master Sgt. Daniel Lehman**, Outstanding Communications-Computer Systems Senior Noncommissioned Officer

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The general noted that the system is also a little easier on the spouses. In the past, the units were gone for about 3 weeks at a time and would deploy again almost immediately after returning home.  
“Now they know they are going for 120 days. The data seems to support that they are home more. From an Air Force perspective and as a tax payer, it’s saving us money,” he said.  
General Hawkins enjoyed seeing the base overall but his favorite part was getting to spend time with McChord’s spirited Airmen.

“The people here are really professional,” he said. “You can see people are excited about what they are doing, excited about serving their country and being the very best they can. It excites me to be around them.”  
Chief Master Sgt. Brye McMillon, 18th AF command chief master sergeant, said he enjoyed the personal aspect of his visit to McChord as well.  
The Airmen here weren’t asking me, “Can you improve my dorm room,” he said. “They were asking me ‘How do we make the mission work?’ For me, it’s very exciting, because it shows me that they are excited about the mission.”



# Faith and Worship Programs

*For more information,  
call the chapel support center at 982-5556.*

- The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted.

  - **Faith Formation Youth**
- Confirmation and Rite of Christian Initiation for Adults** are 6:30 p.m. Wednesdays, through April.  
● **Adult Bible Study** is from 11 a.m. to 1:30 p.m. Wednesdays.

Schedule of worship services

**Catholic Services:**  
All Catholic Services are in Chapel Two  
Daily Mass Tuesday - Friday 11:30 a.m.  
Saturday: 4 p.m. Confession  
5 p.m. Mass  
Sunday: 9:30 a.m. Mass  
11 a.m. Mass

**Protestant Services:**  
Sunday: 8:30 a.m. Liturgical Worship: Chapel One  
9:45 a.m. Sunday School for all ages at the chapel support center  
11 a.m. Traditional Worship: Chapel One  
11 a.m. Contemporary Service: chapel support center

**Jewish Services:**  
Friday: 6 p.m. Fort Lewis Chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 966-8949

**Orthodox Activities:**  
Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

**Other services:**  
Orthodox Christian Community, Cascade Chapel, Fort Lewis  
Sundays: 8:45 a.m. pre-Communion prayers  
9:30 a.m. Divine Liturgy  
Confession is by appointment only; call Father John Anderson at 967-1717 or 906-6843, or e-mail *father.anderson@us.army.mil*